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Your essential daily news | WEDNESDAY, OCTOBER 21, 2015

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ADRIAN WYLD/THE CANADIAN PRESS

THEY'RE BACK

Red surge greeted with optimism, anticipation of change **metroNEWS**
PLUS: Coverage of Liberal victory, national reactions on pages 3-4, 9, 10 & 15

Nenshi hints at mayoral run in 2017

SOCIAL MEDIA

Twittersphere abuzz following personal tweet from city leader



Helen Pike
Metro | Calgary

Quietly, while the heads of Calgarians in federal election land hit the pillow, Mayor Naheed Nenshi — still abuzz from the lengthy campaign — took to Twitter and suggested he was now prepping for a 2017 mayoral run.

Nenshi's personal tweet stated that now that Trudeauania has kicked off he's back to saving Calgary's pets.

He went on to say, "No more elections until my own in 2017!" in response to a tweet from Calgary's Chris Turner.

Curious social media dwellers asked for more information, but Nenshi didn't entertain anyone with a response to his cheeky tweet.

Many on Twitter and Facebook have begged the mayor to wade into federal political waters, but it seems the city's purple sweetheart is here to stay.

Barring any unusual circumstances, the next election is the Alberta municipal election, slated for 2017.

Nenshi hasn't yet graced the city's Election Candidate Registry for that campaign — a requirement for anyone wishing to curry campaign contributions.

The mayor's office declined to comment on the post-election tweet.



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Join us on Wednesday, October 21 at 7:00 pm in Room H103 in the Senator Burns Building. Call 403.284.8470 or Email rtbn.info@sait.ca to confirm your attendance or for more information.

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Join us on Wednesday, October 25 at 7:00 pm in Room H101 in the Senator Burns Building. Call 403.284.8849 or Email gcpt.info@sait.ca to confirm your attendance or for more information.

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Join us on Wednesday, October 21 at 7:00 pm in Room KA336 in the Johnson-Cobbe Energy Centre. Call 403.284.8451 or Email energy.mse@sait.ca to confirm your attendance or for more information.

OPEN HOUSE – NOVEMBER 6 & 7





Edmonton Mayor Don Iveson METRO FILE



Premier Rachel Notley THE CANADIAN PRESS



Calgary Mayor Naheed Nenshi METRO FILE

The big three welcome Trudeau

POLITICS

Leaders look to feds for new infrastructure spending



Ryan Tumilty
Metro | Edmonton

Alberta's big-city mayors are excited by the transit promises made by the newly-elected Liberal government during their

campaign but now want to see those promises acted upon.

Edmonton Mayor Don Iveson said the Liberal promise to invest \$20 billion in transit over 10 years would be especially good for the city as it tries to create a widespread service.

"That is going to allow us to go much further," Iveson said, of LRT construction. "Over the next 10 years, it will allow us to make commitments to build out the LRT."

Calgary Mayor Naheed Nenshi also welcomed the Liberals' transit proposals, as well as other big-city needs.

"The Liberal Party had a strong platform as (it) relates to cities and we look forward to working with them on building transit, creating a better

“That is going to allow us to go much further. Over the next 10 years, it will allow us to make commitments to build out the LRT.

Edmonton Mayor Don Iveson

national housing strategy, and building infrastructure," Nenshi said in a statement.

"During the campaign, the

Liberals promised to fund the Green Line and significant flood mitigation. We look forward to getting shovels in the ground on these and other essential

infrastructure projects."

Iveson also said many strong MPs were re-elected, as well as some new faces he said will

be good advocates for the city.

"I know that all of the members of parliament we are sending will be strong champions for Edmonton."

Premier Rachel Notley said Trudeau called her Monday night, and said she felt the Liberal platform was beneficial for Alberta.

"A majority of Canadians did appear to vote for a platform that talked about protecting and appropriately funding health care, investing in infrastructure and taking action on climate change," she said.

Still, Notley campaigned for

NDP candidates during the election and just last week shared a stage with NDP leader Tom Mulcair.

Mulcair saw his party's gains from the 2011 election erased Monday. Notley, however, would not be drawn into any talk of that being a referendum on her government.

"I have been a New Democrat all my life and I always will be," she said. "I really think that in any election for different levels of government, voters will vote for the candidates in front of them at that time and the issues in front of them at that time."

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IN BRIEF

Seven vehicles collide

Emergency Medical Services responded to a multi-vehicle collision on northbound Deerfoot Trail on Tuesday morning.

Paramedics arrived to find a seven-vehicle accident on the Ivor Strong Bridge.

The first paramedic crew on scene quickly assessed all occupants of the vehicles and then requested two other ambulances.

After providing minor treatment to some drivers and passengers, EMS transported two patients from separate vehicles to hospital in non-life-threatening condition.

A male in his mid-20s suffered soft-tissue damage and minor head injuries, while a woman in her early 40s suffered lower back injuries. METRO

Motorcyclist airlifted to hospital following crash

Emergency Medical Services responded to a motorcyclist who had lost control of his bike in the vicinity of Highway 1A and Jamieson Road in the district of Bighorn on Tuesday afternoon.

On arrival, the Nakoda ground crew immediately requested STARS Air Ambulance attend the scene for rapid transport of the patient.

While awaiting their arrival, Nakoda paramedics assessed and treated the man, believed to be in his late 30s, for head, abdominal and leg injuries.

He was then flown to Foothills Hospital in serious condition. There were no reports of other vehicles involved or other people injured at the scene.

RCMP are investigating. METRO



Supporters congratulate Kent Hehr on winning the Calgary Centre riding Monday night. JEREMY SIMES/METRO

Calgary will not be neglected: MPs-elect

LIBERAL VICTORY

Hehr, Kang say Ottawa will hear the city's issues



Jeremy Simes
For Metro | Calgary

Although the Conservatives nearly swept the city, Calgary's two Liberal MP-elects say they're confident residents will be fairly represented by the Liberals in Ottawa.

Four Liberals were elected by Albertans on Monday night among a sea of blue and one NDP seat in Edmonton.

"Trudeau cares about Alberta and cares about Calgary," said MP-elect Darshan Kang for Calgary Skyview.

"(Kent Hehr) and myself worked together before as MLAs," he added. "I'm sure we are not going to be left behind."

Policies set by the Liberal government under Pierre Elliott Trudeau in the '80s sparked the West Wants In movement and a sense of western alienation.

Calgary Centre MP-elect



Trudeau understands Calgary is a young, highly educated city that's a beacon of hope.

Kent Hehr

Kent Hehr said prime-minister-designate Justin Trudeau won't neglect the province.

"Trudeau understands Calgary is a young, highly educated city that's a beacon of hope to (people) across the

world," he said. "I will go to the caucus table and discuss (the city's) issues and this city loudly and proudly (in Ottawa)."

Both Calgary Liberals said getting funding for the Green Line is one of their top priorities.

It's too soon to say where the funding will come from, but Hehr said the Liberal's infrastructure plan could include the Green Line.

"Many cities will benefit (from the plan)," he said. "I want to see many people being more able to get on transit and have a quicker, safer ride to where they are going."

CHAMBER OF COMMERCE

Group 'cautiously optimistic'

The Calgary Chamber of Commerce is "cautiously optimistic" about what the newly elected Liberals will do for local businesses and the economy.

Alberta has been twice-hit with left-leaning political change: the provincial NDP swept to victory in May and the federal Liberals on Monday night.

"We've shown the ability to be collaborative with the provincial government and plan to do the same with this Liberal majority," said Justin Smith, director of policy, research and government relations with the chamber.

"We're cautiously optimistic about the Liberals' proposal for infrastructure financing," he said. "We believe that (the policy) is important but shouldn't be a licence to spend indiscriminately."

Paul Varella, associate dean at the Bissett School of Business at Mount Royal University, said investors struggle with uncertainty when the political landscape shifts.

Alberta is facing huge uncertainty, he said.

"I think corporations are a little unsure about Alberta," he said. "What didn't help was Rachel Notley being very quiet on the budget before the election."

To ease uncertainty, Varella said politicians need to put their promises to action.

"If they play it right, the industry might be better served by the Liberals and Rachel Notley," he said.

Smith said the chamber wants to see the details of Trans Pacific Partnership (TPP).

"Alberta has a lot to gain from the TPP; we want to expand access to external markets," he said. "Once we understand more (about the agreement), we can have proactive and productive conversations."

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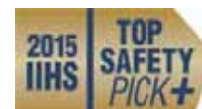
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COVENTRY HILLS

Cops probe women's suspicious deaths



Lucie Edwardson
Metro | Calgary

Calgary police are investigating the suspicious deaths of two women in the community of Coventry Hills.

Insp. Ryan Ayliffe said at about 10 a.m. on Monday, police were called to the 200 block of Coventry Close NW. Inside, they discovered two

women, both dead. One was in her 50s and the other in her 20s. "There is nothing to indicate this is a random incident," Ayliffe said.

Autopsies are underway for both victims, and identities, as well as causes of death, will be confirmed after the autopsies are complete, he added.

Although there are reports of the home being occupied by a woman who takes care of two mental health patients

who also live at the home, Ayliffe would not confirm this information.

He said police initially received a call from a concerned family friend who asked police to check on the welfare of someone living in the home. Ayliffe said due to the nature of the investigation they haven't yet identified the victims or divulged information about the residents of the home.

"We believe at this point we

have accounted for some of the people living in the house, but we don't know yet and can't confirm because we haven't been able to identify the deceased yet," he said.

Ayliffe said police are pursuing a number of avenues, and haven't identified a suspect yet.

Anyone with information is asked to call police at the non-emergency line 403-266-1234 or the Homicide Unit Tip Line at 403-428-8877.



Tony Bonertz receives a flu shot at the South Hills Medical Centre on Wednesday. A kidney transplant recipient, Bonertz said he needs the added protection. BRODIE THOMAS/METRO

First in line for flu shots

HEALTH

Opening day of clinic sees steady flow of people

Brodie Thomas
Metro | Calgary

Tony Bonertz can't afford to take chances when it comes to getting the flu vaccine.

The Calgary man was at the South Hills Medical Centre for the first immunization clinic of the season on Tuesday.

He said it's his 25th year getting immunized for the flu. He knows that number for sure, because he's received one every year since his kidney transplant.

He said the flu vaccine doesn't always prevent him from getting the flu, but it helps.

"If I do get it, the symptoms are substantially reduced," he said.

Bonertz said as a transplant recipient, his immune system is suppressed, and even a minor infection can turn into pneumonia, so he takes advantage of the free shots.

For Jesher Hipe, the fact the shots are offered free of

charge is one of the big selling points. He said he and his family have gotten flu shots every year since they moved to Alberta from the Philippines in 2010.

He said he used to pay 1,500 pesos, or about \$42 Cdn, per flu shot in the Philippines. He had no problem paying that because he believes in illness prevention.

Since coming to Canada, he and his family have benefited from the shots.

"We didn't have serious flu infection," he said. "Just the regular colds, runny nose, coughing."

Dr. Judy MacDonald, medical officer of health with Alberta Health Services, said people need to consider more than just themselves when deciding whether or not to get the shot.

"Their decision impacts everybody they interact with," she said. "So if they get the influenza vaccine and have a loved one in a long-term care facility, they're not going to be bringing influenza to them."

MacDonald said infants under the age of six months cannot get the vaccine, so that's something else to consider when making the decision about whether or not to get the flu shot.

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Severe beating puts woman in hospital

VIOLENCE

Victim's condition has improved from critical level



Lucie Edwardson
Metro | Calgary

Calgary police are investigating the case of a woman who suffered a vicious beating in northeast Calgary, sending her to hospital clinging to life.

Inspector Ryan Ayliffe said police were called to a house on the 200 block of Saddlemead Green NE just after 8:30 a.m. Tuesday, following a report of an assault in progress.

"Upon arrival, our officers found an adult female with serious injuries, including stab wounds," he said.

EMS attended the scene and the victim was taken to hospital in critical, life-threatening condition, but has since been upgraded to serious condition, said Ayliffe.

According to Ayliffe, police received the call from a neighbour, after a child who lives in the home went to them seeking help. He said it appears the incident was domestic in nature.

"Our domestic conflict unit is working with the victim and her family," he said. "In order to respect the privacy of the family we will not be releasing any more specifics of this incident."

Although he would not confirm how many children live in the home, Ayliffe said all children that do live there are safe.

He said police had been in



Inspector Ryan Ayliffe said police will not identify the victim in order to protect her and the identity of the family. LUCIE EDWARDSON/METRO

contact with the family in the past, but called the contact with the family dated.

Ayliffe said there is a person of interest in the case, but said they have no one in custody right now.

He said nearby Light of Christ school, was initially placed on lockdown as a precautionary measure, but the lockdown was lifted after the situation was better assessed.

Police are asking anyone who may have information on this case to contact their non-emergency line at 403-266-1234 and quote case #15446070.

HomeFront, a non-profit aimed at helping families elim-

“
Situations of domestic abuse are very serious and, as a community, we must unite.

Maggie McKillop, executive director of HomeFront

inate domestic violence, said in a release Tuesday, that domestic violence escalates over time and is rarely an isolated incident.

"Over the last several

months we have seen far too many senseless tragedies in our city as a result of domestic violence," said Maggie McKillop, executive director of HomeFront.

"Situations of domestic violence are very serious and, as a community, we must unite and work together to support those experiencing abuse, and speak out surrounding this issue."

HomeFront said there are numerous resources available to Calgarians experiencing domestic violence, including the Calgary Women's Emergency Shelter at 403-234-7233 (SAFE).

Those in immediate danger should call 911.

SECURITY

Notley shrugs off social media threats

Rachel Notley's security staff is aware of violent threats made against her on social media, but both the premier and those protecting her say such things aren't out of the ordinary.

One anti-NDP Facebook page recently saw posters allude to violence against Notley.

"We can take over the government, we just need the wild to back us," 'Out The NDP in Alberta' page moderator Barbara Starr wrote on the page.

"Or a lone gunman," a man wrote in response. "Not condoning that. Just saying bad things happen to bad leaders."

He added: "I won't pull the trigger. All I did was come up with the idea."

RCMP said they're aware of the comments but won't act unless there is a complaint.

"We can't control what people choose to put on there," Cpl. Sharon Franks said. "But eventually it will come to our attention. I don't think it's uncommon when it comes to elections, particularly one of the magnitude that we had yesterday," she added.

Notley told reporters she's aware of the comments.

ANDREA ROSS/METRO

POLICE

Wild Sunday drive leads to 16 charges

Charges that include assaulting a peace officer have been laid after a fleeing driver sped across fields, ploughed through a fence and eventually ran for about a kilometre to avoid capture by the RCMP in Saskatchewan.

Mounties say they got word Sunday afternoon about erratic driving and an assault involving a man and a woman on Highway 35 south of Weyburn.

They came across a suspect vehicle that was driven into a field and slammed through a fence, forcing police to halt

their chase for safety reasons.

The Cadillac Escalade was later spotted near Lake Alma, Sask., but the male driver again evaded officers by steering onto private pasture.

The driver was trying to change a tire in a field when police caught up to him, but he ran away before a Taser stun gun was deployed in making an arrest.

Isaak Neufeld Boldt, a 34-year-old resident of Beauvoir, Sask., was to appear in a Weyburn courtroom Tuesday on 16 charges. METRO



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Director: 'Youth is a dangerous time'

THEATRE

Play portrays lives of messed up Alberta teenagers



Jeremy Simes
For Metro | Calgary

Geoffrey Simon Brown couldn't help but audition to play the role of Mutt for his play, *The Circle*.

Opening Wednesday, the play follows six complicated and messed up teens who tend to push each other's boundaries.

The play is set in a Calgary suburb garage, and all actors are Albertan.

But it's a story that most will be familiar with, said Vanessa Porteous, artistic director for Alberta Theatre Projects.

"I think it'll make some people remember what it was like to be a young person and

how youth is a dangerous time," she said.

Brown, 26, said he wanted to create a story that isn't so black and white — in *The Circle*, there are no protagonists or antagonists.

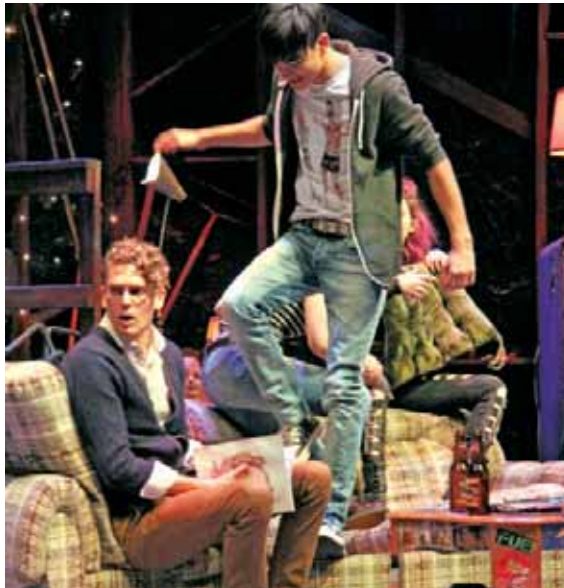
"I don't believe in good and evil," he said. "Life is more complex than that."

As a result of creating complex characters, he said he hopes the audience leaves the play feeling like they can relate to all walks of life.

"If (people) see someone they don't relate to right away, I hope they take a step back and put themselves in their shoes and not make snap judgments."

+ SHOWTIME

The Circle will run at the Martha Cohen Theatre in Arts Commons until Nov. 7. Tickets and times can be found at atplive.com.



Daniel, played by Brett Dahl, and Will, Daniel Fong, invite you to a world of teen vulgarity through Geoffrey Simon Brown's *The Circle*. JEREMY SIMES/FOR METRO

ORNITHOLOGY

Warbler a big draw for bird watchers



Aaron Chatha
Metro | Calgary

Bird watchers are flocking to Lafarge Meadows in Fish Creek Provincial Park to get a look at a rare bird, likely lost on its way to Mexico.

"This is, to the best of our knowledge, the first time in over 11 years one's been in Calgary," said Andrew Hart, president of Nature Calgary.

And the other one probably got lost as well."

Hart said the yellow-bodied hooded warbler, recognizable from the black feathers around

its head, was likely caught in a storm and thrown off course.

He said birders should enjoy the presence of the bird while they can.

"The one that was seen 11 years ago ... showed up about the same time of year and hung around until the beginning of December," he recalled. "It was in someone's yard and they were feeding it mealworms. Then there was a storm and it vanished."

He thinks this one may not survive Calgary's cold weather.

"Many people have never seen a hooded warbler before, and you're never going to see one in Calgary again."



The first hooded warbler to touch down in Calgary in 11 years.

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Trudeau improves Canada's brand

CHARISMA

Leader's good looks could be good for country



Luke Simcoe
Metro|Toronto

Within hours of Justin Trudeau's election Monday night, news outlets around the world were remarking on Canada's "hot" and "sexy" new leader.

While Trudeau's square jaw and headline-grabbing hair may not end poverty or reduce Canada's greenhouse

gas emissions, branding experts say the prime minister-elect's good looks could have real benefits for the country's reputation.

"The thing that's exciting about Justin is that he brings Canada's brand for the first time into the 21st century," said Bruce Mau Design CEO Hunter Tura. "He's a J.F.K.-like figure. He's got the vitality, the good looks, the beautiful family."

"To have the country represented on the global stage by someone with such charisma is great for brand Canada."

Michèle Champagne, a Toronto writer and designer with a background in global branding, said Trudeau's image could potentially boost

immigration and stem the country's "creative brain drain."

"I think the world will see him as this fresh, leftist face," she said. "Does that mean Canada will be a place where more young people want to emigrate? Will it attract more artists and designers to Canada? I don't know."

While he'd prefer to see Canadians discussing policy rather than appearances, Memorial University professor Alex Marland acknowledged the appeal of a popular prime minister.

"The very fact that we're having this conversation shows how much of Canada's identity is wrapped up in its leader," he said. "You look to

that to embody everything about our nation."

From a branding perspective, Marland said there are significant differences between Trudeau and Harper.

"I'd say we've gone from policy wonk to young optimism," he said. "And while Harper represented individuals, Trudeau portrays a sense of communitarianism."

Regardless, Marland cautioned against falling into a Trudeau-mania 2.0.

"Any charismatic leader brings a sense of excitement and pride, but it can also cause people to look the other way," he said. "Too often, we're willing to give a politician the benefit of the doubt because they're likable."

INTERNATIONAL OPINION

The world reacts to Liberals' victory

The first foreign reactions to Justin Trudeau's ascent to the prime ministership included words of both congratulation and consternation — as well as some sexual objectification.

The flood of well-wishes began early Tuesday as world leaders from India, Mexico, Italy, France, China, the U.K. and the U.S. either sent messages or called Canada's newest prime minister-designate.

The foreign media coverage included serious dives into his policies. At the same time there was a bumper crop of tabloid-style headlines about his appearance, with the UK Daily Mirror offering one example of the genre: "Is Justin Trudeau the sexiest politician in the world?"

Sexy or not, his closest international partner showed no sign

of being an easy first date. The U.S. sent mixed signals Tuesday, some of encouragement but also notes of caution.

The White House offered congratulations and welcomed talk of closer co-operation on climate change. On the other hand, the Obama administration sought clarity on two files where it was pleased with the relationship with the Conservative government: trade and the military.

A White House spokesman raised the Islamic State bombing mission without prompting Tuesday. There were whispers in Washington over the summer that the administration was concerned about the Liberals' stated intention of withdrawing from the bombing, in order to contribute in other ways.

THE CANADIAN PRESS

FAMILY

First Canadian political dynasty

It seems somehow fitting that the son of the man who first fired up political passion in Stephen Harper should be the person to usher him out of politics.

In besting Harper, Justin Trudeau has created Canada's first national political dynasty, following in the footsteps of his late father, Pierre Trudeau, one

of the country's most revered — and reviled — prime ministers.

In the process, he's scored another record for the history books, vaulting his party from a distant third place into first in a single election. And now he'll be the first prime minister to return to the home where he grew up, 24 Sussex Drive.

THE CANADIAN PRESS

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Tories examine their loss

 **ELECTION 2015**

Party insiders laying blame on campaign manager

On his final campaign flight from Abbotsford, B.C., to Calgary, Stephen Harper sat with his closest friends and began putting together the plan for his exit from the Conservative party leadership.

That plan began unfolding Tuesday as Conservative politicians and the party's rank-and-file look to a future leadership race in order to move forward and rebuild from a devastating election loss.

“

She had four years to prepare for this campaign and was simply wholly unprepared.

Conservative source

Harper was calm about the defeat that lay before him, according to sources who spoke to The Canadian Press over the past 24 hours. During the flight, he sat alternately with longtime aide Ray Novak and party president John Walsh.

In the days to come, the structure of the upcoming leadership race will take shape. Senior parliamentarians Diane Finley, Tony Clement and Rob Nicholson are among the names being floated for interim leader.

At the same time as the leadership race is set in motion, the activists are in the process of raking through the embers of the campaign, analyzing what went wrong and who is to blame. The party's executive director, Dustin van Vugt, is in charge of a process to review the campaign.

A senior party source said the party will be in debt as a result of the election campaign, something the members aren't used to. Considerable anger is being directed at campaign manager Jenni Byrne.

A high-placed Conservative source with intimate knowledge of the campaign argued that Harper personally performed



The leadership race to replace Stephen Harper will only be the Conservative party's second such race. DAVID BUSTON/GETTY IMAGES

well, and the leader's tour ran efficiently, but everything else was “an epic failure.”

“While it's ultimately the prime minister's fault because he allowed Jenni to have that role, it is inexcusable that she had four years to prepare for this campaign and was simply

wholly unprepared,” said the source, speaking on condition of anonymity. “When the party conducts its internal review, over the course of the next number of months, this one is going to be very thorough and we're going to identify the mistakes that were made, the processes that

weren't followed.”

In a sign of how tense things had become, Byrne was packing up her office in the Ottawa party war room as early as last Thursday. She was not in Calgary on election night, and was out of the job Tuesday morning.

THE CANADIAN PRESS

ANALYSIS

NDP stunned after dreams of governing shattered

The soul-searching is starting among members of the NDP after the stunning collapse of their vote in the federal election.

Party insiders say they saw the electoral freight train that was Justin Trudeau's campaign coming down the tracks as much as a month ago, but many in the senior leadership refused to believe it. Even still, the insiders say the scope of the loss and the prospect of a long rebuilding process are just beginning to sink in.

Some of the party's brightest public lights have been extinguished. High-profile MPs lost their seats.

The question on the minds of many people outside the party is whether leader Tom Mulcair will stay to lead a smaller caucus, especially when some in the party have questioned whether he dragged the NDP too far to the centre.

Robin Sears, who once served as the NDP's national director, says the party is not inclined to turf leaders.

THE CANADIAN PRESS

OPINION

If your party didn't win, be thankful it was a peaceful event



Gilbert Ngabo
Metro | Toronto

I didn't vote on Monday. I can't tell you how sad that made me feel.

Forget about all the rhetoric of civic duty, the grudge you hold against this or that leader. Or political party. Or the talk about making your voice count.

All of that stuff matters. But what I was longing for was to participate in a democratic

process that is peaceful, in every sense of the word.

As I mingled in a crowd of Liberal MP-elect Marco Mendicino's supporters, my mind couldn't stop rambling about what elections mean in different parts of the world.

Take Kenya, 2007. Following the highly contested presidential elections, a dispute over the results erupted. People started attacking each other, and thousands lost their lives in the mayhem.

See, for some people it doesn't really matter who wins

the most votes. As long as a preferred candidate doesn't win, the system is flawed. And in extreme instances, that means killings, fleeing and refugee life.

I've only voted twice in my life, in the Rwandan presidential elections held in 2003 and 2010. Despite trying to convince myself that my vote actually counted on both occasions, observers from the European Commission, African Union and a gazillion rights organizations reported on serious voting irregularities.

“

I knew Stephen Harper wasn't going to call in military forces in an attempt to cling to power.

You want to think they're not right, but still you question the validity of your vote. After all, vote rigging does happen. Not in Canada, apparently. All along, I wasn't expecting

NDP Leader Thomas Mulcair to come out and start accusing incoming prime minister Justin Trudeau of stealing the votes.

I knew Stephen Harper wasn't going to call in military forces in an attempt to cling to power.

But watching them deliver concession speeches, all smiles, almost brought me to tears. The same three guys who had spent the last 78 days tearing each other down by any and all available means were now all of a sudden extolling each other and the elec-

toral process.

Harper's words were more poignant. It's still unreal for me to hear an incumbent and powerful leader admit that the people are never wrong, notwithstanding that they just turfed him out.

So as winners congratulated losers on a well-run campaign, I couldn't have asked for a more powerful way to show the value of a vote.

And I felt sad that, as a permanent resident, I couldn't cast a ballot that was peaceful — in every sense of the word.

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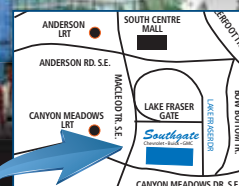
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INFRASTRUCTURE

Building industry to benefit

Corporate Canada is sizing up the Liberal majority and what it could mean for their bottom lines, with the construction industry particularly poised to benefit from Justin Trudeau's promises to boost infrastructure spending.

The Liberal leader has vowed to inject billions of dollars into repairing roads, building bridges and improving waste water treatment plants — commitments that could cement big

profits for the bricks-and-mortar industry.

One company that could benefit is SNC-Lavalin, which has landed multimillion-dollar contracts with various levels of government in the past.

But the Montreal-based engineering giant, which declined to comment Tuesday, could be banned from bidding on federal contracts for 10 years if it is convicted of fraud for work in Libya. The company's case

is still before the courts. It has said it will plead not guilty.

RBC analyst Sara O'Brien listed Aecon Group, Stantec, WSP Global and Canam Group as other companies that are likely to reap rewards from increased infrastructure spending.

Economists said Trudeau's plan will push much needed fiscal stimulus into Canada's lagging economy, at least in the near term.

THE CANADIAN PRESS

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Most tax changes are announced in federal budgets, which are usually introduced in the late winter or early spring. ISTOCK

Major fiscal changes expected

POLICY

TFSA could be rolled back under Liberal leadership

From tax cuts on middle incomes to an expanded Canada Pension Plan, the Liberals made a lot of promises during the federal election campaign that would affect Canadians' finances.

Now that the Liberals have won a majority under leader Justin Trudeau, Canadians can expect to see major changes in federal fiscal policy.

That includes undoing some of the targeted goodies the Conservatives created — such as an expanded TFSA — in favour of making broader tax cuts and benefits.

How soon might Canadians see these changes?

In theory, "a government can introduce anything at any time when they're in a majority," said Brian Brophy, tax partner at Deloitte.

Plans to roll back TFSA contribution limits to \$5,500 from \$10,000 could be introduced as soon as Parliament resumes sitting, for example.

But, in practice, most major tax changes are announced in federal budgets, which are

usually introduced in the late winter or early spring.

Some Liberal campaign promises, such as an expanded Canada Pension Plan, could take longer, as they require the support of seven out of 10 provinces representing two-thirds of the population.

The Liberals promised to meet with the provinces within the first 90 days to consult on the CPP. In the meantime, it's unclear how that will affect the Ontario government's plans to launch its own pension plan by January 2017.

How will the proposed tax changes affect families?

The impact of the Liberal's proposed tax changes on individual families will depend on specific financial circumstances, said Caroline Battista, a senior tax analyst with H&R Block.

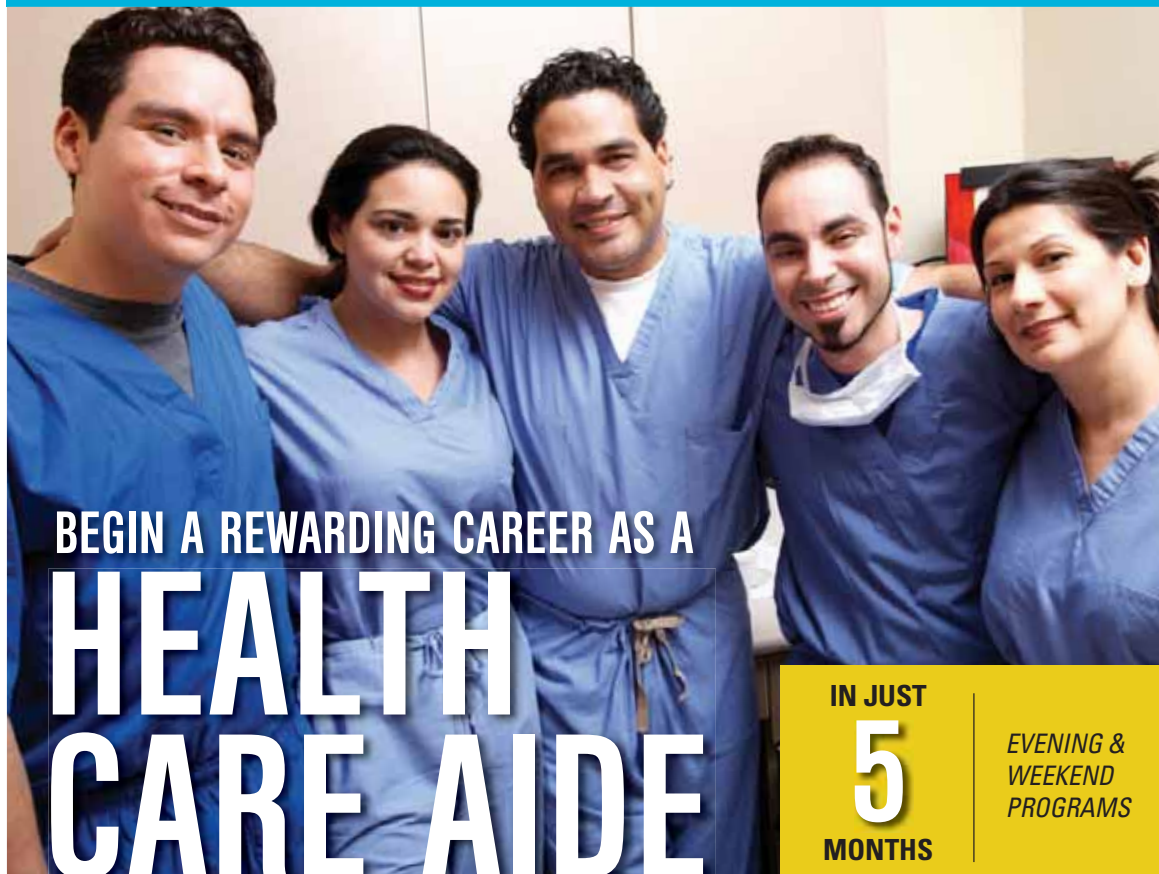
Even higher-income families will benefit from the tax cut on middle incomes, while some lower-income families could lose in the decision to end income splitting, she said.

She urges people to look beyond political rhetoric before assuming they don't qualify for certain benefits. "One of the things about our system is that it's unique to the individual, based in their allowable deductions and qualifying tax credits," she said.

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Migrants overwhelm Slovenia

CRISIS

Country 'in dire straits,' needs more help from EU, official says

Led by riot police on horseback, thousands of weary migrants marched across western Balkans borderlands as far as the eye could see Tuesday as authorities cautiously lowered barriers and intensified efforts to cope with a human tide unseen in Europe since World War II.

Leaders of Slovenia deployed military units to support police on their overwhelmed southern border with Croatia, which delivered more than 6,000 asylum seekers by train and bus to the frontier in bitterly disputed circumstances between the former Yugoslav rivals.

With far too few buses available in Slovenia to cope, most people walked 15 kilometres on rural lanes past cornfields and pastures to reach a refugee camp, a challenge eased by sunny weather after days of torrential rain, fog and frigid winds.

On Slovenia's frontiers with Croatia and Austria, aid workers toiled to erect enough tents and other emergency accommodation to shelter up to 14,000 travellers, more than five times the tiny nation's previous official limit.

Interior Secretary of State Bostjan Sefic told reporters in the Slovene capital, Ljubljana, that the pressure on border security with Croatia had grown "very difficult with an enormous number of people."

He said Slovenia, an Alpine land of barely two million, needed much more help

immediately from bigger EU partners to cope or the country might have to adopt border-toughening measures.

"If this continues we will have extreme problems. Slovenia is already

in dire straits, an impossible situation," Sefic said, as lawmakers debated whether to increase the military's powers to manage border security.

In Brussels, Slovenian President Borut Pahor met European Union leaders and said he expected his country to apply for emergency financial aid and border patrol reinforcements from EU partners.

14,000

Number of asylum seekers travelling through Slovenia needing tents and emergency accommodations on the country's frontiers with Croatia and Austria.



Migrants walk along a street to the Austrian - Slovenian border after they broke through a cordon in a makeshift camp in Sentilj, Slovenia, Tuesday. Thousands of people are trying to reach central and northern Europe via the Balkans but often have to wait for days in mud and rain at the Serbian, Croatian and Slovenian borders. CHRISTIAN BRUNA/THE ASSOCIATED PRESS

Hungary, long the most popular eastern gateway for people fleeing conflict and poverty in the Middle East, Asia and Africa, has padlocked its borders for mi-

grants progressively over the past month, forcing the tide west through Croatia and Slovenia.

All three nations have expressed fears of ending up

stuck accommodating tens of thousands of asylum-seekers indefinitely if other EU nations farther north close their borders too.

Croatia, which has erected

relatively few shelters along its borders with Serbia and Slovenia, directed thousands into special trains and bus convoys Tuesday to Slovenia.

THE ASSOCIATED PRESS

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ISRAEL

UN official visits, calls for end to violence

UN Secretary-General Ban Ki-moon called for calm during a surprise visit to Jerusalem on Tuesday ahead of meetings with Israeli and Palestinian leaders, in a high-profile gambit to bring an end to a month-

long wave of violence.

The visit comes amid unrest that erupted a month ago over tensions surrounding Jerusalem's most sensitive holy site.

A spate of almost daily Palestinian attacks against civilians

and soldiers, most of which have involved stabbings, has caused panic across Israel.

"These are difficult times for Israelis and Palestinians. I am here in the hope that we can work together to end the

violence, ease the tensions and begin to restore a long term political horizon of peace,"

Ban said at a press conference with Israeli Prime Minister Benjamin Netanyahu Tuesday night. THE ASSOCIATED PRESS

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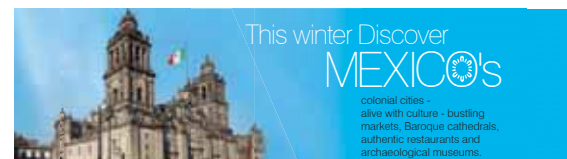
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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION
I don't wish to tell my wife's parents they're overstaying their welcome, but they really are. They have been here for nearly a month. I am starting to hate them. HELP ME ELLEN.

Dear Ellen,

I was wondering what you recommend when it comes to appropriately telling someone that you hate what they are doing and wish that they would change it this instant. I don't wish to tell these people (as they are guests that they are overstaying their welcome, but they really are. They have been here for nearly a MONTH now, and I am starting to hate them (they are my wife's parents). I really like them, but I need some space.

HELP ME ELLEN! Or I might go crazy!!!!

Apollo

Dear Apollo,

Your question raises many more questions, starting with: How badly do you want to stay married?

Where is your wife in all this? Is it the case that her parents are driving her crazy too, but she's incapable of confronting them and therefore is relying on you, her champion and protector, to get rid of this invading in-law horde of two? If so, you may safely, and politely, use the standard breakup strategy learned in your dating years.

Take them out for a nice dinner in a public place where they (hopefully) won't freak out when you dump them. Tell them it's you, not them. You're under a lot of stress (imply it's work, not their overbearing demands for constant contact, even though it is), and it's driving you crazy that you can't give them the love and attention they so obviously deserve. Pacify them with promises that you still want them to stay over again from time to time (with firmly set parameters), because you really do love them and want them

in your life, but only if they can accept what you're capable of giving.

Although this may sound like the bogus crap used by jilting cowards when they're tired of a too-devoted sex partner (or so I've, um, heard), the fact that you (judging by your letter) really feel this way about your in-laws makes it respectfully honest, even though it may be difficult for you to say and for them to hear.

If, on the other hand, your wife loves having her parents stay with you and never wants them to leave, you're in trouble. You then have to have a respectful, honest conversation with your wife, and of course we hope you'll follow the rules of proper etiquette there too, or at least the rules of the Geneva Conventions.

Finally, if the direct approach with either party fails, you may have to gracefully let go and put your attention elsewhere. And no, Apollo, we do not mean

polishing the stair boards leading up to the guest room to a slippery glass-like surface and then plying the in-laws with brandy after dinner. That approach is tantamount to murder, and murder, while sometimes understandable, is never polite.

Take them out for a nice dinner in a public place where they (hopefully) won't freak out when you dump them.

We're thinking more along the lines of, say, that drum kit you've been eyeing since high school. Honestly, after all your self-sacrifice, don't you owe it to yourself to bring it home and finally learn how to play? Or that kitchen reno your wife's been dreaming of — why not purchase a brand-new

sledgehammer and do the preliminary demolition yourself to save money? Or, as long as your home is open for extended stays from in-laws, go ahead and invite that poor, neglected uncle of yours — you know, the tone-deaf one who insists on singing along with every contestant on The Voice whether he knows the words or not, while his Doritos-addicted spouse hogs the entire couch because her severe flatulence prevents her from sitting up straight.

It may feel as if you're cutting off your nose to spite your face, but stick with it. Someday you'll be a happy percussionist with a new kitchen who's brought joy to a weird uncle and his digestively challenged wife, and thereby reclaimed his home for himself and — we hope — his wife.

Need advice?

Email Ellen:

scene@metronews.ca



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ROSEMARY WESTWOOD

metroview

Perhaps someday we'll see a historic election for women. Not this time.

Shocking. Stunning. Historic. A triumph.

The Liberal victory is being called many things — but while it's a reversal of fortune for the country, it's hardly transformative for women in Parliament. Forget "real change"; try status quo.

The number of female MPs rose slightly Monday night, from 76 elected in 2011 to the new total of 88. But given the growth in overall MPs, it's only a tiny jump in women's percentage of seats — from 25 per cent to 26 per cent.

An increase I'd generously call peanuts.

The organization dedicated to increasing the number of women in elected office said as much yesterday. Equal Voice vice-president Joan Weinman said that we at least didn't slide backward, but that "quite honestly, when half the population is women, it would be really nice to see a number that somewhat reflected that in the House of Commons."

Such is the state of politics and feminism that parties can rise and fall with the hard swing of the electoral boom, while women's influence stagnates.

Still, all progress is progress. And the Liberals have promised much for women, including a commitment to the right to abortion and promises to fight violence against women, open more women's shelters and make child care more

affordable for those who need it. Crucially, the party hung its hat on a guarantee to name a half-women cabinet, and Justin Trudeau has some high-powered women to choose from, including Chrystia Freeland and Jody Wilson-Raybould, who represents one of 10 indigenous Canadians voted in — another record broken.

When Chatelaine mused in 2014 whether Justin Trudeau was "the candidate women have been waiting for," it noted he "could be a game changer, hauling so-called 'women's issues' into the 21st century."

He may indeed.

"We woke up this morning, and Canada had just elected a self-declared feminist as a prime minister," said Kelly Bowden, spokeswoman for the Up for Debate campaign, suggesting Trudeau will take women's issues seriously.

Meanwhile, Equal Voice is already working toward the next election, planning to recruit and train 5,000 women across the country to run for office (about 500 ran this time around).

I remain skeptical that any election can give to women MPs the kind of dramatic boost that the Liberals at large were given this week, but Weinman disagrees.

"I say to you: Hell yes, it is absolutely possible."

Perhaps she's right. Perhaps we will see, one day, a historic election for women.

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RECIPE EXCERPT MAGGIE BATTISTA'S FOOD GIFT LOVE

Candied Blood Orange Rinds

Makes: About 250 strips or about 1 1/2 pounds

Preparation Time: About 3 hours passive time (up to 12 hours total time)

The French understand how to preserve citrus with such elegance and after tasting so many versions of candied rind, in particular, in France, I committed to creating my own recipe. This works just

beautifully with oranges and grapefruit, but these Candied Blood Orange Rinds have become one of my signature food gifts. Making them is time intensive but has also honed my multi-tasking skills.

INGREDIENTS

- 5 blood oranges
- 2 cups granulated sugar, plus more for dredging
- 1 1/2 cups water

SPECIAL EQUIPMENT

- Drying rack or parchment paper

1. With a sharp knife, score the peel of the blood oranges into four big wedges. Peel the thick skin wedges away from the fruit, discarding any loose pith fibers. Set the skin aside.

2. Slice the blood oranges in half and juice them with a hand juicer. I get about 1 cup of juice; reserve 1/2 cup for this recipe and store the remaining 1/2 cup for another use (like Blood Orange Mimosas).

3. Slice the orange rinds into strips 1/8-inch and 1/4-inch wide. My knives are very sharp which makes it easy for me to get the 1/8-inch slice, but a 1/4-inch slice is good, too. If the blood orange peel has a very thick white pith, trim a touch of the white pith away and discard. Do not trim too much, as the pith is what retains the sweetness once candied.

4. Place the rinds in a pot and fill with enough cold water to cover by an inch. (If you're unsure of how to quantify the water, place the orange rinds in the pot and hold some down with a small measuring cup with a clean ruler placed inside. Add enough water to come up 1 inch on the ruler. Remove the meas-

uring cup and ruler before beginning to cook.) Bring to a boil and then boil for 3 minutes. Drain.

5. Repeat this process 3 more times. Boiling the rinds several times helps to remove extra bitterness. On the last drain, put the fruit aside for a moment.

6. In a clean pot, add the sugar, water and reserved 1/2 cup blood orange juice. Bring to a boil and then add the rinds. Return to a boil over high heat and then reduce the heat to medium. Cook the rinds for 45 minutes, or until the syrup is very thick and the rinds are barely translucent. Do not stir the pot; just keep swirling the liquid in the pot in order to keep the rinds fully submerged. If you smell any sign of burning, immediately lower the heat and swirl, swirl, swirl.

7. When ready, remove the rinds from the syrup (a few at a time) with tongs and dry them on a rack or a simple piece of parchment paper, making sure to not let them touch each other (they'll stick!) Let them dry for 4 to 6 hours or overnight. If they are still a bit wet, let them dry a little longer. (They will always be just a bit sticky.)

8. When dry, dredge the rinds through sugar. I prefer organic granulated sugar, as the color is a bit more translucent and the rind colour shines through, but traditional white granulated sugar is fine, too. You may need to press the sugar up against the rinds to ensure that it sticks well. Alternatively, if you plan to use the rinds in a baked good, omit the sugar altogether.

9. Store in an airtight container at room temperature for up to 4 weeks or in the fridge for up to 3 months.



GIFT WRAP

Gift wrap supplies: Paper bags, crimping shears, tag, wax paper

Optional: Rubber band, twine

Crimp bags to desired height and fill them with rinds. Write or stamp your label on a tag. With a hole puncher, make a hole through the top of the bag and the top of the tag. Thread a round head paper fastener through the tag and through the bag. Bend the fastener into place.

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Peanut butter drops a delight

On one of my long stays in Paris, I was invited to a very chic house party in an apartment that towered high above Montmartre. I was nervous about fitting in because I didn't speak French and I had heard stories about the perfection of Parisian parties. I timed my arrival just so to buy a fresh apple and rhubarb tart from Les Petits Mitrons, a revered neighborhood bakery. I surmised that a local dessert might make me a hit with the crowd. Indeed, my first French house party was how I pictured it. Everyone was terribly cool but also exceptionally sweet. And by the time dessert was passed, guests grabbed a little bit of everything, including my tart. But the real American victory was yet to be won.

One of the American guests who had lived in Paris began to pass her dessert. The Parisians clearly loved it. I managed to grab one of the last sweets on the tray and when the maker explained the ingredients, I flipped. As it turns out, the Parisians love peanut butter and chocolate.

Preparation Time: up to 3 hours

INGREDIENTS

- 3/4 cup confectioners' sugar
- 1 cup peanut butter
- 3 tablespoons (1 1/2 ounce) unsalted butter, melted
- 1 cup rice cereal
- 2 cups milk chocolate chips

SPECIAL EQUIPMENT

- Double boiler

1. Line a small baking sheet with parchment paper. Set aside. Add sugar, peanut butter and butter to a bowl. Mix to combine well — until no trace of confectioners' sugar remains in the bowl.
2. Add rice cereal and mix to combine well — it's easiest to combine with your clean hands. With a measuring spoon or small scooper, form small balls the size of about 1 tsp. Use your hands to pinch, press and roll each into a little ball and place on cookie sheet.

3. When all the mixture has been formed into balls, place the bak-

ing sheet in the fridge overnight or in the freezer for 30 minutes to chill and harden.

4. When ready to coat your peanut butter balls with chocolate, prepare the double boiler. Set a double boiler over medium heat. Place a bit of water in the bottom pot making sure the water doesn't touch the underside of the top pot. Assemble the double boiler, place a metal or glass bowl on top of a medium pot.

5. Place the chocolate into the top part of a double boiler to melt until a smooth consistency. You may opt to temper the chocolate instead. If you plan to temper the chocolate, reserve half the chocolate for the tempering part of the process.

6. Roll each ball in the melted chocolate and return to the baking sheet. Chill in the fridge for at least 2 hours until hard.

RECIPE EXCERPT FROM MAGGIE
BATISTA'S FOOD GIFT LOVE



These peanut butter balls will keep in an airtight container in the fridge for up to two weeks.
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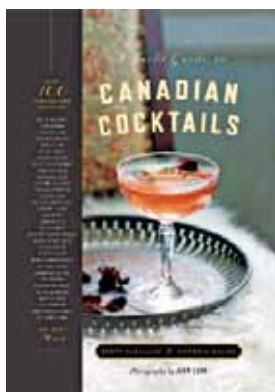
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BOOK EXCERPT A FIELD GUIDE TO CANADIAN COCKTAILS

A Stampede style drink

A Field Guide to Canadian Cocktails raises a glass to those unique drink creations inspired by cities from coast to coast. More than 100 concoctions are included in the book, from Yukon's Sour Toe Shot to New Brunswick's Fiddlehead Martini.

To whet your palate, here are a few of the recipes from the book inspired by some of the cities Metro publishes in — including your own.

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The Stampeder

- Large handful of ice cubes
- 1 1/2 oz vodka, such as Eau Claire Distillery Three Point
- 3 to 6 dashes Worcestershire sauce
- 2 to 4 dashes hot sauce
- 1 small dollop horseradish (optional)
- Generous grinding black pepper

- 4 1/2 oz beef broth, preferably homemade
- 2 1/2 to 3 oz chilled Tomato-Clam Juice
- 1 lemon wedge
- 1 celery stalk, for garnish
- 1 lemon wheel, for garnish (optional)

In an ice-filled highball or pint glass, build ingredients in the order listed, except lemon and garnishes. Squeeze in juice from lemon wedge, then drop wedge in drink. Stir to mix.

Garnish with celery stalk and lemon wheel, if you like. Taste and stir in salt, if using, or more of the other seasonings, if you like.

Serving suggestion

Serve with a lemon wheel in an ice-filled highball or pint glass



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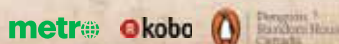
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metro

Author is 'an actress who cooks'

INTERVIEW

Cookbook of veggie recipes the latest from Madhur Jaffrey

Madhur Jaffrey is known to Americans — when she is known at all — as an author of Indian cookbooks. And with good reason: she has written more than two dozen of them.

But that's just the start. The woman often called "the Julia Child of Indian cookery" was born in Delhi, India, and came to the United States in the late 1950s, eventually landing among the New York glitterati. She started her career as an actress — something she continues to do — but soon found herself deeply rooted in the world of food. She has hosted cooking shows both here and in Britain, and helped launch the renowned New York Indian restaurant Dawat.

Now 82, her newest book, *Vegetarian India: A Journey Through the Best of Indian Home Cooking*, will be released in October. Here she talks about her acting, her start in food, and

her pivotal friendship with filmmakers Ismail Merchant and James Ivory.

What was the impetus for *Vegetarian India*? Why this book and why now?

I've never done a book that's all Indian and all vegetarian. There are many areas of India that I don't know and many cuisines I don't know, and I thought this would be a good way to learn about the cuisines I don't know anything about.

When you came to the U.S. in the late 1950s, you landed first in Vermont, where you taught pantomime, correct? How did that happen?

I needed a job. I was in the theatre and was very kindly employed by the Catholic University theatre team. They said "Why don't you come in the summer and work with our summer stock company," which used to live in Winooski, Vermont.

And from there you went to New York City. What were you hoping to find there?

The theatre brought me to New York. (My first husband)



The recipe for this berry pilaf appears in Madhur Jaffrey's latest cookbook *Vegetarian India*. MATTHEW MEAD/AP PHOTO

Saeed (Jaffrey) also studied at Catholic. He graduated and came to New York and I came with him. I was working as a guide at the UN at the time, and doing theatre in the Village. We were doing off-Broad-

way. The way I could stay was to have a visa by working at the UN. Then I could do theatre, for which I was earning something like \$10 a week.

I imagine the Indian com-

munity in New York was very small at that time. Did everyone know each other?

All those (Indians) who came were doctors and statisticians and engineers. America wasn't taking people who weren't these things because that wasn't what was needed. We were very rare, these people in the arts. We knew all the people in the arts because that's where our interest lay. We knew the Indians who were around and other people who were actors but weren't Indians. It was an intellectual bookish, artistic world.

Were you fully embraced by the non-Indian art scene?

As curiosities, yes. But as somebody to give work to, no. It was very hard to get work. That's why we needed other jobs, all of us. I am in the art world; I have one daughter who's an actress, one who is a writer. The actress daughter has the same problem I did. But she is two steps ahead. Indians now are more in shows. People are writing more parts for Indians and they can play non-Indians. In *House of Cards*,

my daughter played a Latino. (In my time) they never thought of us as secretaries or lawyers. We were just Indians, and they were always the shiek-y types. They came vaguely from the Middle East.

What do you make of Mindy Kaling and Aziz Ansari and Indians on Pizza Hut commercials?

It's changing. This new generation is getting much more work. My daughter's generation and her friends — all of these people you mention — she knows all these people because they've all been at it together for a long time.

THE ASSOCIATED PRESS



HOME COOKING

Rice: not just some plain grain

Theresa Albert

For Metro Canada



Canadians are learning that healthy and tasty can coexist when they take a bite out of the world around them. Rice is a practical grain that goes with everything and is a healthier option than many other starches like nutrition-robbed peeled and boiled potatoes. According to a study published in *Food and Nutrition Sciences*, rice consumption was associated with better

diet quality and general nutrient intake.

Here are some cool facts about rice to spout at the water cooler:

- Contrary to common thinking, rice can be reheated. Cool and store covered in the fridge for up to a week or freezer up to 6 weeks. Homemade "minute rice" simply needs 2 Tbsp of liquid per cup of rice added before warming it up in a microwave or on the stovetop.
- Canada doesn't grow rice, meaning US-grown rice is as local as it gets. Nearly 70 per cent of our rice is from south of the

border.

- One seed of rice yields more than 3,000 grains. It is the highest yielding cereal grain and can grow in many kinds of soils. This hits all the right notes for our sustainability quest.
- About 50 per cent of North Americans consume only half of the magnesium they should. Magnesium is critical for muscle function. There is more magnesium in 1 cup of cooked long grain brown rice (21 per cent DV) than in 3.5 cups of spinach (20 per cent DV), and it has 4 g of fibre.

LIQUID ASSETS

This Chenin Blanc steps it up

Peter Rockwell

For Metro Canada



No matter how you try and drink your way around it, falling into a grape rut, where you keep returning to the same varietals, happens to even the most seasoned wine fans.

While in South Africa last month I rediscovered Chenin Blanc. Though popular in the vineyards surrounding Cape Town, and those in its original

home in France's Loire Valley, this arguably second-tier grape often takes a backseat to Chardonnay and Sauvignon Blanc.

Typically acidic, the versions produced in South Africa play up the grape's soft, plush fruit which turns it into a versatile white wine that marries well with a wide variety of foods.

While I don't usually suggest trying a value-priced wine when trying



to get your palate around a new grape (they rarely show its true personality) KVV's Contemporary Collection 2014 Chenin Blanc (\$9.45-\$10.99) is an impressive take on Chenin. Dry, with balanced acidity, it offers a creamy mouthfeel of lime and green fruit that would work particularly well with anything spicy.

Prices reflect the range across the country. Some products may not be available in all provinces.

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The Misfit method: No business plan

ORGANIC SUCCESS

No marketing, growth strategy or promotions

Jaclyn Tersigni

Amber Joliat didn't have a business plan when she started Misfit Studio.

Five years and hundreds of converted "misfits" later, she still doesn't. She's never needed one.

"I didn't even know what that was," Joliat jokes. "I've been asked 'When you opened the studio, how did you know people were going to come to class?' I didn't. I still don't. Every single day I'm like, 'It's so great that you're here!'"

"When there's something based on love and passion and truth, people identify with that. It resonates," the 37-year-old studio owner says. "That being said, the classes here are excellent."

Misfit Studio is, as Joliat describes it, Toronto's most unique movement studio. Sitting atop a converted church, Misfit offers a suite of classes that blend

pilates, yoga and dance for an experience that is challenging, inspiring, meditative and unlike any other group fitness in the city. As Joliat says, it's about "shedding who you are, what you do, and getting back to feeling your heartbeat."

Since it first launched as a small experiment, it's grown into one of Toronto's more fore-most studios, occupying a niche entirely its own.

"Every class is unique — it's what I call my 'misfit method,'" says Joliat, a Toronto native and lifelong dancer. "The yoga bleeds into the pilates, the pilates threads into dance, and it's all become this one, constant movement. It doesn't look like what a typical yoga class looks like or what a typical pilates class looks like."

It's true. Misfit Studio has replaced the stock soundtrack of nature sounds with the likes of Leon Bridges, D'Angelo and Miriam Makeba that Joliat confesses to playing a touch too loudly. Students and teachers, many covered in tattoos and breaking all yoga clichés, joke and hug. When you walk the stairs to the studio, you're greeted by a chalkboard bearing Talking Heads' lyrics (This must be the

place). Then there's the name.

"The interesting thing about using the word [misfit] is the gravitational pull towards it," Joliat explains. "People who have a slightly more open mind or who are looking for something alternative to do see that word and are encouraged by it, or curious about it. Right away, it magnetizes like-minded people."

Misfit Studio was born in 2010, when Joliat — then a yoga and pilates teacher working at various places across Toronto — felt uninspired by the uniformity of the classes and studios. "I had been teaching all over the city and I was like 'F— this, it's all the same,'" Joliat says. "I felt like I had something different and decided to just try."

She found a 500-square-foot space — "there was only enough room for six yoga mats" — to teach her fusion classes from and was taken aback by how quickly business took off.

"It was crazy how fast it happened. It was 15, then 20, then 30 people showing up for class," Joliat recalls. "Then blogTO voted me in their top 10 yoga studios, in the first six months of me being open. Word spread really quickly that I was doing something different. For me, what



Amber Joliat says if something is passed on passion, it resonates with people. JESSICA BLAINE SMITH

was validating was that people understood."

The success has been organic. There's been no marketing (unless you count the well-followed Misfit Instagram account, featuring vintage photos of pinups and

celebrities dancing and moving), no elaborate growth strategy and no gimmicky promotions.

"I didn't know what I was getting into," Joliat says. "It's changed my life so much. I run a business now."

"People ask me quite a lot, 'did you dream of being a studio owner?' My dream was to be a painter or a dancer. I never dreamed this. But that's not the way I think. I'm just grateful for today."

A business model that's temporary

Many great business ideas are born from a problem without a solution.

For Tyler Handley, that problem was temporary tattoos — or lack thereof.

Not quite ready for his dream tattoo, "I wanted to wear tattoos in the meantime that meant something to me but I didn't necessarily want them permanently," says Handley, 28.

Unimpressed with the temporary offerings available — "they were things you used as a kid. They don't look real, they only last a couple days, they flake away" — Handley began looking for a way to create something more authentic looking, with a longer wear time. He recalled a documentary he had seen about indigenous tribes in south and central America who painted their bodies with ink before battle. "I thought — what is that stuff," Handley says.

The answer: jagua gel — and the catalyst for Inkbox, the company behind the world's first two-week temporary tattoo. Since Handley and younger brother Braden launched Inkbox in February, the Toronto-based company has found customers in more than 80 countries, raised



Be dope, temporarily. CONTRIBUTED

over \$275,000 on Kickstarter and attracted press attention from the likes of BuzzFeed, Mashable, the Huffington Post and Glamour magazine.

"It's a unique product. It's completely new. Nothing's happened in the tattoo space for decades," Tyler says. "Twenty-three per cent of Americans have a tattoo. When people hear the idea, it's an instant 'Wow, this is an inevitable product.'"

The appeal is obvious. Inkbox tattoos aren't your 90s child "wet-and-stick" variety; they last for two weeks, they look authentic and the designs are on-trend.

After applying the tattoo via the adhesive stencil and supplied ink, the image develops over 12 to 24 hours. The ink works by staining the epidermis, which

constantly regenerates itself. Real tattoos stain the dermis, the deeper layer of skin. "It's not on top of your skin. It's actually a part of your skin for two weeks," says Braden, 25. "It's not henna. This sinks into your skin ... It's a slow chemical reaction," Tyler adds.

The rise from idea to a company that has now sold more than 43,000 tattoos was quick. In the summer and fall of 2014, the brothers began experimenting with the ink formulation and creating stencils with adhesive materials and a die-cutter. Braden left his job with a marketing company and Tyler stepped away from his web startup to pursue Inkbox full-time. They launched on Feb. 2 and generated about \$500 in sales on day one.

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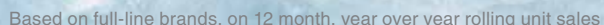
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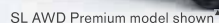


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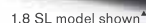


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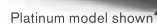
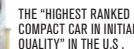
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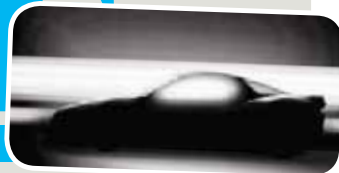
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REVIEW

Cadillac CTS boasts angular beauty and potent chassis

Mike Goetz

For Metro Canada



The original Cadillac CTS debuted in 2002 to herald the brand's new "Art and Science" design direction. It showed Cadillac was serious about moving away from its traditional luxury role of providing big and cushy American iron, to one that took on the premium German brands at their own sporty, high-tech games.

It's a plan that has more or less worked; sales are definitely up at Cadillac, but models still chase their respective rivals. In the case of the midsize CTS, that means it is still operating in the shadow of those class-conquering BMW 5 Series and Mercedes-Benz E-Class models, both of which are the very definition of a moving target.

The current-generation CTS, which debuted in 2014, is a bit of a curious animal. It seems to have aced the hardest parts of matching up with its premium competition, namely beautiful and distinctive styling, and a chassis that is the measure of anything in its class for on-road competence and enjoyment. The more mundane aspects of this vehicle seem to let it down.

But let's first go over more of the good stuff...

The new RWD-based architecture features judicious use

of aluminum and magnesium, making the CTS one of the lighter cars in its class.

Slide into the interior and you'll be enveloped by a multitude of textures and finishes.

Our test vehicle had the optional 3.6-litre V6, which is all new this year. Rated at 335 hp and 284 lb-ft of torque, it is part of Cadillac's new engine family, and features heady technology such as automatic stop/start, direct injection with integrated exhaust manifolds, rigid aluminum block, and a cylinder deactivation system, which shuts down only one cylinder on each bank.

Net result is a very powerful, quiet and efficient V6. Combined with the new 8-speed automatic transmission, you have a totally up-to-date powertrain, and another reason why this Cadillac is so satisfying to drive.

Now a few gripes...

The back seats are a bit tight for a luxury car of this size.

There are almost too many different types of materials and surfaces at play in the interior. Feels too busy to be sophisticated and calming.

Pricing has gotten steeper, especially when you start loading up on the available high tech. Cadillac is revisiting this issue, however, with special pricing programs.

The CUE driver interface continues to drag down the enjoyment of this car. With everything controlled by a touchscreen that is not super-fast-reacting, your eyes are constantly going back and forth from the screen to the road, which can contribute to a bit of needless nervousness behind the wheel.

THE CHECKLIST | 2016 CADILLAC CTS

THE BASICS

Type. Four-door, RWD/AWD midsize luxury sedan

Engines (hp). 2.0L turbocharged I4 (272), 3.6L V6 (333)

Transmission. Eight-speed automatic

Price. \$48,730 (base)/\$72,970 (as tested)

COOL FEATURES

- Apple CarPlay, wireless charging, and Wi-Fi mobile hub for passengers
- Surround Vision 360-degree camera system
- "Haptic" seat warns driver of surrounding objects, via location-specific (left/front) vibrations



MIKE GOETZ/FOR METRO

POINTS

- Current (and third) generation CTS unveiled for model-year 2014, with significant tweaking for 2016
- All-new optional 3.6L V6 features direct injection, auto stop/start, and cylinder deactivation
- One of the best handling cars in its class, via light and stiff chassis utilizing lots of precious metals

MARKET POSITION

- Midsize RWD luxury-sports sedan, positioned above the smaller ATS, and below the coming, full-size CT6
- As per the new Cadillac brand promise, designed to appeal to customers who are bold, sophisticated, and fans of reinvention
- Positioned directly against German luxury sports sedans

THE COMPETITION



Mercedes-Benz E Class
Base price: \$64,500



Audi A6
Base price: \$56,900



Hyundai Genesis
Base price: \$43,000

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A smarter way for wheels to move

DRIVING FORCE

In-wheel electric motors could improve the way we drive

Jill McIntosh
For Metro Canada



Despite all our advances in automotive technology, most vehicles basically work the same way as they have for more than a century. Power comes from a gasoline engine or electric motor, depending on the type of vehicle, and the energy it creates is transferred through drive shafts to the wheels.

While the technology is still largely experimental, some

companies are now looking at in-wheel electric motors. As the name suggests, each wheel contains an individual electric motor that exclusively turns it. Instead of a connected system of drive shafts that transfers the engine's power to the wheels, each of the vehicle's four in-wheel motors works independently, connected only by wires to the vehicle's battery for their

power, and to the computer that controls the system.

Although each motor turns by itself, the control system has to be extremely sophisticated for everything to work together. In addition to all four motors turning at the same speed when driving straight ahead, they must also stop simultaneously if the vehicle is going to brake in a straight line, and be able

to co-ordinate their individual speeds when the driver wants to turn.

In-wheel systems would eliminate a number of vehicle components, including those that need occasional maintenance or replacement, such as brake pads. However, they would also need to be programmed to perform the functions of government-mandated safety systems such as anti-lock brakes, which rapidly apply and release the brakes to prevent locking up in panic stops, and electronic stability control, which applies the brakes to individual wheels to correct a skid.

Without the need for drive shafts, the vehicle's floor could be lower and completely flat, making it easier to get in and out, and providing more passenger and cargo space inside. And since the wheels have much more movement, a driver could pull up beside a parallel parking space, turn the wheels all the way, and just slide the car sideways into the spot.

But before vehicles with in-wheel motors become commonplace, there are still issues to overcome. Although there have been a few higher-speed prototypes, most of the work

THE PHYSICS

- In addition to numerous smaller companies, Nissan, Smart and Michelin have also experimented with in-wheel electric motors.
- Because electric motors don't have to rev up like gasoline engines do, vehicles that use them are capable of very quick acceleration.
- By capturing kinetic energy during braking, electric motors can help to feed electricity back into the battery, increasing the vehicle's range before it needs to be plugged in.

has been done on small, lower-speed city commuter cars. While the motors eliminate the weight and complexity of driveshaft systems, engineers will have to determine how their extra mass at the wheels will affect driving and handling. The motors will also have to be extra robust to handle potholes and bumps, as well as snow and road salt, if they're ever going to handle most of our Canadian roads.

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In-wheel motors drive each wheel individually, allowing for sideways movement when parking. JILL MCINTOSH/FOR METRO



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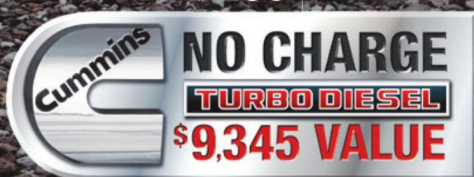
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The Toyota Mirai hydrogen-fuel-cell car didn't arrive in the United States in the usual way. The company had been taking requests since July from Californians who wanted to be among the first to buy the zero-emissions four-door sedan, with requests being submitted through a dedicated Mirai page on Toyota's website. Customer-service reps interviewed candidates with eligibility based on an applicant's proximity to fuelling stations and how they answer "various Mirai fit and driving preference questions." Approved applicants were then able to place their order with one of eight California dealers authorized to sell the car.





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RENTALS

Hertz expands Green Traveler program with Sonata hybrid

Rental company Hertz is adding the 2016 Hyundai Sonata Hybrid to its fleet as part of its "Green Traveler Collection" rental-car program, which includes hybrids, diesels and electric cars. The Hybrid Sonata will be available to rent at several airports in California, Atlanta, Chicago and at Dulles International, outside Washington, D.C., in addition to elsewhere in California, Colorado and Oregon. The Green Traveler Collection also includes the Chevrolet Volt and Cruze Diesel, Nissan Leaf and Toyota Prius. Hertz also offers the plug-in battery electric Tesla Model S as part of its "Dream Cars" program, which features luxury and exotic cars.



i8

BMW sets pace in Formula E race series

Using an internal-combustion vehicle as the pace car for a global electric car racing series would be a non-starter, so BMW stepped up with a new track-ready version of its flagship electric i8 sports car to lead the 2015/16 FIA Formula E race cars in each of the season's 11 meetings in 10 countries. The futuristic i8, delivering the equivalent of 2.1 L/100 km when driven at less-than-racing speeds, returns as pace car for the series' second season.

+ MORE

BMW, in its capacity as Formula E's vehicle partner, has also added for official use a pair of BMW C Evolution electric scooters and an X5 xDrive40e plug-in hybrid tall wagon.

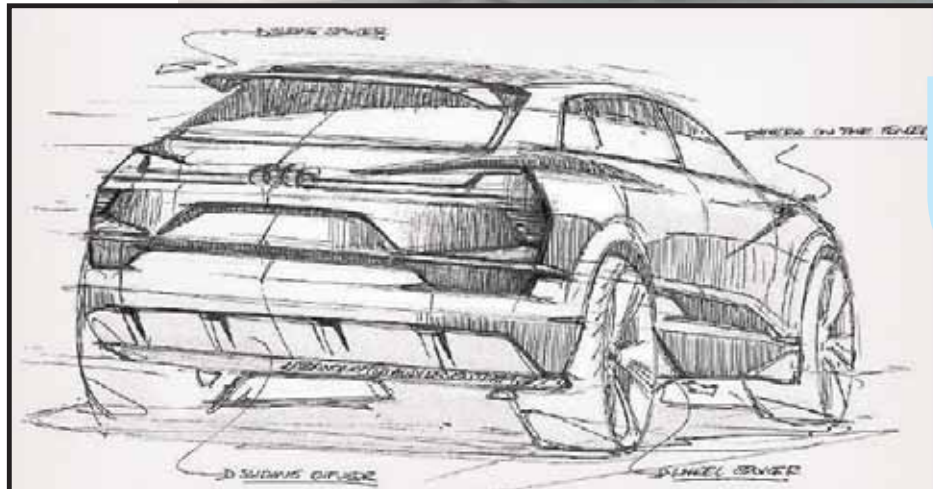
AERODYNAMICS

Movable elements boost Audi range

Rather than simply adapting an electric powertrain to an existing design, Audi's E-tron Concept was built from the ground up to be electric. It follows the brand's "Aerothermics" concept, using technical advances for cutting aerodynamic drag. Movable aerodynamic elements at the front, on the sides and at the rear improve the airflow around the car, appropriate to the speeds being travelled. The underbody is completely closed; with a drag coefficient of 0.25, it sets a new record for tall-wagon slipperiness and contributes "considerably" to the concept's 500-plus-kilometre range per full charge. Three electric motors — one on the front axle and two on the rear — will power the vehicle.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



TAKING A CUE

Audi's experience with the all-electric R8 E-tron sports car provided inspiration for the E-tron Quattro Concept's drive system.

TEXT AND IMAGES BY WHEELBASE MEDIA

+ ENGINES

Return of diesel Caddies in the pipeline

Cadillac will reintroduce diesel engines to its North American lineup within several years, says brand chief Johan de Nysschen. And this time, they'll be clean-burning, reliable diesels.

General Motors' luxury brand is working on new four- and six-cylinder diesel engines. They reportedly will debut in Europe in 2019 and go on sale in North America sometime after that.

In the late 1970s and early '80s, Cadillacs were offered with diesel V8 engines conscripted from the now-defunct Oldsmobile brand, recalls Green Car Reports: "They quickly gained a reputation for poor quality and performance, and became something of a black eye for Cadillac."

GM hasn't specified which models could be due with diesels in this revival.

The carmaker currently offers a diesel option in the Chevrolet Cruze compact.

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Royals' response loud and clear

MLB PLAYOFFS

K.C. bounces back from loss to take 3-1 series lead

A dream season for the Blue Jays could end short of its destination Wednesday, with Toronto once again on the verge of post-season elimination.

Ben Zobrist and Alex Rios homered as Kansas City roughed up Toronto starter R.A. Dickey early and a depleted bullpen late en route to a lopsided 14-2 victory Tuesday that pushed the Blue Jays to the playoff precipice.

The Royals lead the best-of-seven American League Championship Series 3-1, meaning Toronto now faces its fourth must-win game of the post-season.

Game 5 goes Wednesday at the Rogers Centre with Toronto's Marco Estrada facing Edinson Volquez in a rematch of Game 1 at Kauffman Stadium.

"We'll be fine (Wednesday) if we get a good outing by Marco. We expect to," Toronto manager John Gibbons said hopefully.

"And it was ugly today, no doubt about that. That's all I can say."

How ugly? Their bullpen in tatters, the Jays sent in infielder Cliff Pennington to pitch with two outs and two one in the ninth.

4

The number of times a team has come back from a 3-1 series deficit to win the ALCS. The Royals achieved that feat in 1985 against the Blue Jays.



The Royals' Lorenzo Cain slides safely into home plate past Blue Jays pitcher R.A. Dickey in Toronto on Tuesday.

RICK MADONIK/TORSTAR NEWS SERVICE

Pennington, who pitched in college, gave up two runs on back-to-back singles in a seven-pitch cameo before Russell Martin saved him with a foul catch at the Jays dugout.

With the game a lost cause, Gibbons tried to keep Mark Lowe, Aaron Sanchez and Roberto Osuna — his top three relievers — out of the fray to fight another day. But he had to use Lowe for an inning.

The 14 runs allowed matched the Jays' post-season record for most runs against them, a mark set 22 years to the day in a 15-14 win over the Phillies in the

ALCS Game 4



1993 World Series.

The Royals pitchers have shut down the free-swinging Toronto bats in three of four games. The Jays, who led the majors with

891 runs in the regular season, have scored zero, three, 11 and two against Kansas City.

The Jays slugged 232 homers during the season. While they homered three times in Monday's 11-8 win, they have failed to find the fences in the other three games.

And while the Royals homered twice off Dickey, it has largely been death by a thousand cuts for the Jays. Kansas City scored four of its runs off sacrifice flies Tuesday and has filled the bases with runners, finding a myriad of ways to bring them home.

The opportunistic Royals went

8-for-11 with runners in scoring position. Toronto was 1-for-6.

Kansas City was up 5-0 when Dickey left after dispatching just five of the 12 batters he faced in the shortest start in Jays' playoff history.

Liam Hendriks stemmed the flow with 4-1/3 innings of sparking shutout relief. Then LaTroy Hawkins and Ryan Tepera went up in flames, giving up seven runs in 1-2/3 innings.

In contrast, Royals relievers Luke Hochevar, Ryan Madson, Kelvin Herrera and Franklin Morales blanked the Jays.

THE CANADIAN PRESS

+ EXTRA EYES

Cueto accuses Jays of getting help stealing signs

The Royals think there's more to the Blue Jays' home-field advantage than just loud sell-out crowds.

Pitcher Edinson Volquez said that teammate Johnny Cueto believes the Blue Jays are using a plant in the centre-field stands of Rogers Centre to steal signs.

Cueto was chased from Kansas City's 11-8 loss in Toronto on Monday night after giving up six hits and eight runs in just two innings of work.

"He said, I think he said last night, they got a guy in centre field," said Volquez, who is scheduled to start on Wednesday in Game 5. "You see how hard it is, he look to the centre field and he see somebody do this or do that, it's really hard to do that."

"But when the guy gets on second base, he said something about that, too, they were giving signs to the hitter."

Volquez seemed less than convinced that the Blue Jays were using someone in the outfield seats to read the catcher's signals to the pitcher. He repeatedly said he didn't know if Cueto's claims were true and pointed out that it's a pitcher's responsibility to make it difficult for his signs to be read.

The Blue Jays had a 53-28 record at home this season, but were 40-41 on the road. THE CANADIAN PRESS

Johnny Cueto
GETTY IMAGES



Murphy's law helps Mets put Cubs on life support

Daniel Murphy homered for a record-tying fifth straight game in the post-season, sending Jacob deGrom and the New York Mets over the Chicago Cubs 5-2 on Tuesday night for a 3-0 lead in the National League Championship Series.

Yoenis Cespedes and David Wright each had three hits for the Mets. Cespedes scored the

go-ahead run on a two-out wild pitch by Trevor Cahill on a strikeout of Michael Conforto in the sixth inning.

Murphy tied the homer streak mark set by Carlos Belt-

ran in 2004.

It was Murphy's sixth homer this post-season, breaking Mike Piazza's franchise career record.

Murphy hit a career-high 14 homers during the regular season. The homers

during his playoff streak have come against Clayton Kershaw, Zack Greinke, Jon Lester, Jake Arrieta and, on Tuesday night, Kyle Hendricks.

DeGrom pitched seven effective innings to improve to 3-0 in his first post-season. Jeurys Familia closed for his fifth save of the playoffs.

The Mets can advance to the World Series for the first

time in 15 years with one more victory over Chicago in Game 4 of the best-of-seven matchup Wednesday night. Rookie Steven Matz gets the start for the Mets while Jason Hammel goes for the Cubs.

Kyle Schwarber and Jorge Soler homered for the Cubs, who have scored just five runs in the series. THE ASSOCIATED PRESS



Daniel Murphy
THE ASSOCIATED PRESS



NHL CAPITALS QUENCH FLAMES The Washington Capitals' Tom Wilson, left, is checked by Michael Ferland of the Calgary Flames at the Scotiabank Saddledome on Tuesday night. On the strength of a pair of goals scored by Nicklas Backstrom, the Caps won 6-2. THE CANADIAN PRESS/JEFF MCINTOSH

NHL IN BRIEF

Islanders' Halak shuts out struggling Blue Jackets

Jaroslav Halak stopped 37 shots for his 37th career shut-out to lead the surging New York Islanders to their fourth straight win, 4-0 over the winless Columbus Blue Jackets on Tuesday.

Nikolay Kulemin gave the Islanders the lead in the first period before Thomas Hickey, Cal Clutterbuck and John Tavares all scored in the third period. THE ASSOCIATED PRESS

Devils' Zajac plays key role in taming Coyotes

Travis Zajac had a goal, two assists and set up Adam Larsson's game-winner 43 seconds into overtime as the New Jersey Devils defeated the Arizona Coyotes 3-2 on Tuesday night.

Larsson slam dunked the game-winner to cap a 3-on-1 break that started after he knocked Martin Hanzal off the puck in the Devils' zone. THE ASSOCIATED PRESS

Crosby on the board as Penguins edge Panthers

Evgeni Malkin scored on the power play in overtime and Sidney Crosby picked up his first goal of the season to lead the Pittsburgh Penguins to a 3-2 victory over the Florida Panthers on Tuesday night. Phil Kessel also scored his second goal for the Penguins, who won their third straight. Marc-Andre Fleury stopped 31 shots. THE ASSOCIATED PRESS

Chicago's Keith out for 4-6 weeks after knee surgery

Blackhawks blue-liner Duncan Keith will be sidelined for four to six weeks after he had knee surgery on Tuesday.

Keith, a two-time Norris Trophy winner, has two assists in six games this season. The team says he had a meniscal tear repaired. The loss of Keith, who was last season's playoff MVP, is a huge blow for the Stanley Cup champions. THE ASSOCIATED PRESS

Morrison healing as quick as he skates

SPEEDSKATING

Olympic hero's recovery from bike crash took just six months

Denny Morrison was back on the ice less than six months after a motorcycle accident put the Canadian speedskater in hospital, broken and bashed from his head to his knees.

The Olympic multi-medallist in long track might not race this season. But Morrison in his skates and training already indicates he may recover his speed and form in time for the 2018 Winter Games in Pyeongchang, South Korea.

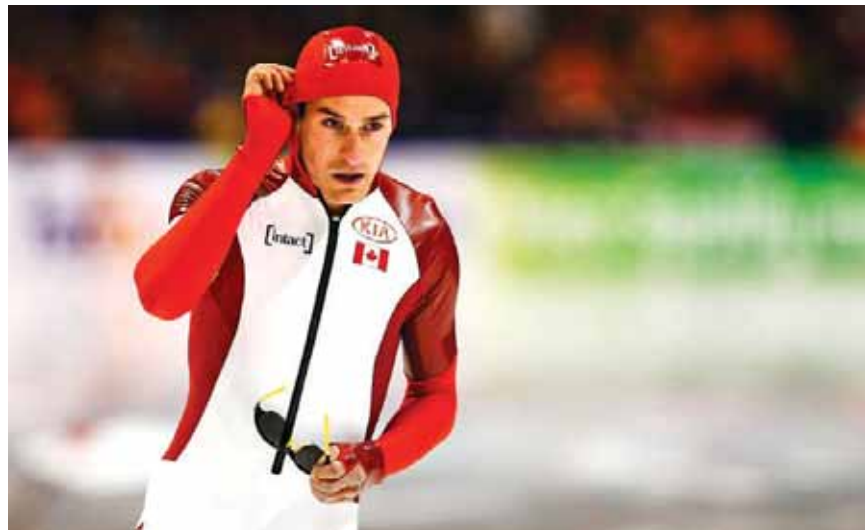
"Anybody else probably would have died in that accident, so he's been very tough and resilient because he's so fit," his coach Bart Schouten said this week. "He also heals faster than anybody we know."

Morrison's motorcycle struck a left-turning Toyota Corolla in northwest Calgary and knocked the car on its side May 7. The two people in the car did not require hospitalization. Morrison was issued a traffic ticket for failing to yield to a yellow light, which is a fine of \$155.

His many injuries threatened to end a career that includes four Olympic and a dozen world championship medals.

Along with a broken right leg, Morrison suffered a concussion, a punctured lung, a torn anterior cruciate ligament in his knee, bruised liver and kidneys and a small fracture in a bone near his spine.

Given the wreck he was a few months ago, Morrison's stride seemed remarkably



Denny Morrison's coach Bart Schouten says the speedskater recovers better than anyone he knows. GETTY IMAGES FILE

smooth and strong during Monday's training session with the men's pursuit team at the Olympic Oval. But still in front of him are many small, hard-won improvements he must achieve to be among the world's fastest skaters again.

"It's a long comeback trail," Morrison cautioned.

"I know what I can improve and I know I can improve it and I know I'm going to go faster. At the same time, being patient is the difficult part now."

"Just because you're a fast healer doesn't mean you can become arrogant about it and

not do your due diligence in healing the right way and not rushing into things."

The 30-year-old from Fort St. John, B.C., needs to gain power and confidence in his right leg as it crosses over his left in the turns.

"It's the stabilizers that are missing that add that extra confidence to quickly do a cross-over and step down," Morrison explained. "Getting that confidence back is a matter of getting the strength back is matter of getting stabilizers back."

Morrison won both of Canada's long-track speedskating

medals at the 2014 Winter Games in Sochi, Russia, despite breaking a bone in his left leg while skiing just 14 months prior.

Morrison fell in the 1,000 metres at national trials, but teammate Gilmore Junio vacated his spot in the distance so Morrison could race it in Sochi.

Morrison won silver and Junio ascended to folk-hero status in Canada because of his selflessness. Morrison put an exclamation mark on Canada's feel-good story in Sochi with a bronze in the 1,500 metres.

Morrison also helped the men's pursuit team win gold at the 2010 Winter Olympics in Vancouver and Whistler, B.C. The most decorated skater currently on the national long-track team also owns a pursuit silver from 2006.

THE CANADIAN PRESS

Anybody else probably would have died in that accident, so he's been very tough and resilient because he's so fit.

Denny Morrison's coach Bart Schouten

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RECIPE Easy Shrimp Tacos



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

Once your ingredients are prepped, these tacos come together in a flash. **Serves 4**

Ready in

Prep time: 30 minutes

Ingredients

- 1 lb peeled, deveined shrimp
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas
- 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream
- 2 Tbsp lime juice
- A good pinch of salt
- Sliced radishes, avocado

Directions

1. Peel and devein shrimp and

rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and toss in shrimp. Refrigerate for 15 minutes (or overnight).

2. Preheat oven 200 degrees. Wrap tortillas in damp paper towel or kitchen towel, place in oven.

3. Slice the red cabbage and gently pull it apart into strands. Toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. Set aside.

4. In a small bowl, mix the sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema and set aside.

5. Heat a skillet to high, add a little olive oil. Add half of the shrimp. Cook until you can see pink come up around the edge. Flip them over and cook on the other side for a couple of minutes or until the shrimp are pink and opaque. Repeat with second batch.

6. Place shrimp, crema, tortillas, cilantro, salsa, sliced radishes and avocado on the table and let people build their own tacos.

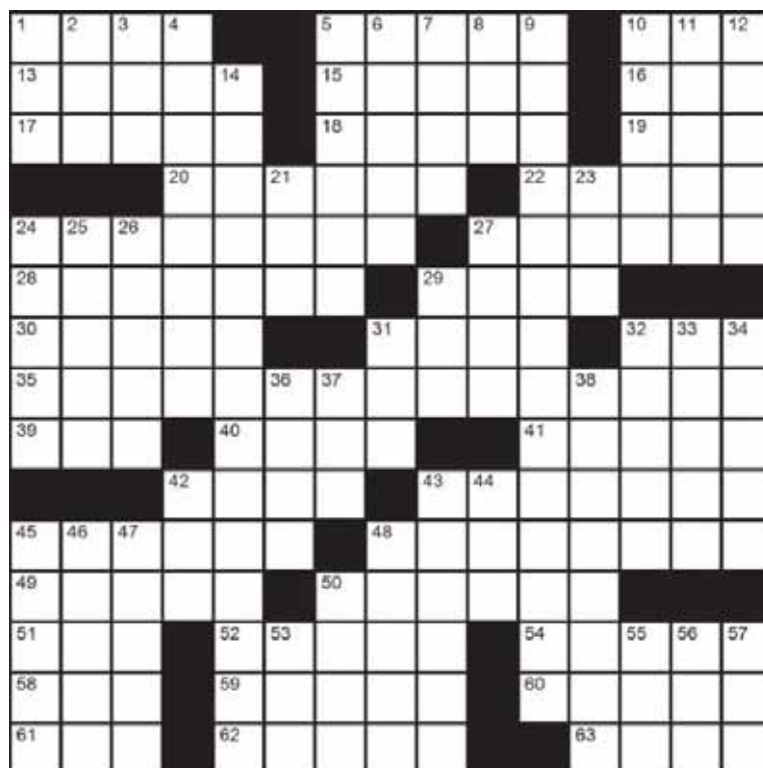
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Kabul's country [abbr.]
5. Ballroom dance
10. Mafia
13. Throat examiner's request: 2 wds.
15. "The ___" by Ed Sheeran
16. Painted tool
17. Dried seaweed
18. Dessert selection
19. Winnipeg's Ms. Vardalos
20. "___ the World in 80 Days" by Canadian rapper Kish
22. Pours
24. Window accessories
27. Illusion in the Sahara
28. Carefully reads through
29. Mr. Nicholson
30. Morocco's capital
31. Prefix that means 'Six'
32. Sporty prop
35. St. John's is located on it in Newfoundland: 2 wds.
39. Yearning
40. Thailand neighbour
41. Beauts
42. Soap brand
43. Moderate the meeting
45. Affliction at sea of yore
48. Summarized
49. Stables star
50. Household
51. Unit of work
52. Leaven-



- ing agent
54. Join
58. Stone or Bronze
59. Ancient seaport of Rome
60. Singer/song-

- writer Ms. Dean
61. Free
62. Overture
63. Advantage

DOWN

1. Get permission

2. ___ Schwarz, New York City toy store in "Big" (1988) starring Tom Hanks
3. Exerciser's club
4. Customary
5. Ancient compan-

- ions for Dionysus
6. Molecular bits
7. Slight
8. Cricket club
9. The Toronto Blue Jays are one of the 'East' teams

- in it: 2 wds.
10. The Beatles + "The Ed Sullivan Show" = THIS!!!
11. Behind in debt
12. Uninterested
14. Song by Canadian band The Philosopher Kings: 4 wds.
21. Tee-___ (Chuckle)
23. ___ of the Covenant
24. Wet with the hose
25. Yo-___-ho! (Hoist, sailors, hoist!)
26. Cityfied
27. Singer, ___ Priest
29. Ms. Aniston, to pals
31. "For ___ a jolly good..."
32. ___ glasses (Beer glassware)
33. Thwart
34. Alleviated
36. Blue hue
37. The Raven writer's last name
38. It builds in a mystery
42. Norman Bethune, et al.
43. Group of five
44. TV-making co.
45. Cut
46. The Queen's fave dog
47. Spurred on
48. Myrrh, for example
50. Spouse
53. Clairvoyance, e.g.
55. "___ be an honour."
56. Young sheep
57. Afore

★ IT'S ALL IN THE STARS by Sally Brompton

♈ **Aries** March 21 - April 20
Tackle problems one at a time or your efforts won't amount to much. There may be one or two minor nuisances between now and the Sun's change of signs on Friday but nothing you cannot comfortably handle.

♉ **Taurus** April 21 - May 21
You don't have to justify your opinions to anyone. You are entitled to your beliefs and are under no obligation to submit to cross-examination.

♊ **Gemini** May 22 - June 21
Let your thoughts roam. There are no limits to what you can imagine and there are no limits to what you can achieve. If others think that your ideas are bizarre, agree with them and change nothing.

♊ **Cancer** June 22 - July 23
You deal with whatever challenges you face with ease. Your confidence is so high at the moment that even so-called superiors will come to you for advice.

♊ **Leo** July 24 - Aug. 23
You may be on a tight schedule but you must still make time for people who depend on you. Those who are feeling crushed by events desperately need a touch of your can-do spirit.

♊ **Virgo** Aug. 24 - Sept. 23
This is a good time to convince others that you know what you are talking about. Whether that is actually true remains to be seen, but your powers of persuasion are such that no one will disbelieve you.

♊ **Libra** Sept. 24 - Oct. 23
There are people in your social circle who envy you for your popularity and are plotting to make you look bad. Be on your guard. Watch out for those who flatter you too much.

♊ **Scorpio** Oct. 24 - Nov. 22
You have enviable self-belief. But you will convince yourself, wrongly, that you can master something that is simply beyond you. You don't have to be good at everything.

♊ **Sagittarius** Nov. 23 - Dec. 21
Your confidence may be high but don't take too much for granted, because what you gain through confidence today could easily be lost through over-confidence when the Sun changes signs on Friday.

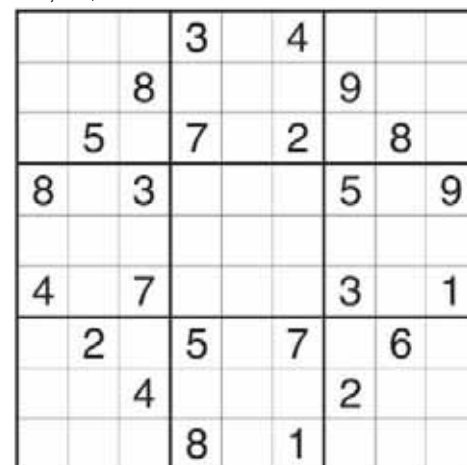
♊ **Capricorn** Dec. 22 - Jan. 20
If you are going to disagree with someone make sure you stick to the facts, because if you exaggerate they will make you look stupid. If the facts are not strong enough to back up your case, then keep quiet.

♊ **Aquarius** Jan. 21 - Feb. 19
Keep things simple and don't look for difficult answers when easy ones will do. You can tie yourself in knots trying to understand the unknowable.

♊ **Pisces** Feb. 20 - March 20
Keep your wits when dealing with cash and investments. It is unlikely that anyone is trying to cheat you. Just because someone else has made a mistake does not mean you have to make it too.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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